

## CLAIMS

I claim:

- 5           1. A method of manufacturing a ski, comprising the steps of:
- (a)     molding an elongate body comprised of a resilient material having a front  
                  portion having a front end, a middle portion, and a rear portion having a rear  
                  end, wherein said elongate body has a longitudinal axis extending from said  
10            rear portion to said middle portion and wherein said front portion has an  
                  initial position P1 which has an initial angle with respect to said  
                  longitudinal axis;
- (b)     removing said elongate body from a mold utilized for molding said elongate  
                  body;
- (c)     applying a bending force to said front portion of said elongate body thereby  
15            manipulating said front portion into a bowed structure having an  
                  intermediary position P2 which has an intermediary angle with respect to  
                  initial position P1;
- (d)     securing a preload member having a first end and a second end to said  
                  middle portion and to said front portion of said elongate body respectively,  
20            wherein said preload member is comprised of a resilient material and  
                  resilient structure; and
- (e)     allowing said front portion to return to a final position P3 which has a final  
                  angle with respect to said initial position P1.
- 25           2. The method of manufacturing a ski of Claim 1, wherein said elongate body  
              is comprised of a ultra high molecular weight plastic.
3. The method of manufacturing a ski of Claim 1, wherein said initial angle is  
              less than 5 degrees.

4. The method of manufacturing a ski of Claim 1, wherein said initial angle is less than 10 degrees.

5. The method of manufacturing a ski of Claim 1, wherein said middle portion includes a saddle portion that receives said first end of said preload member.

6. The method of manufacturing a ski of Claim 1, wherein said initial angle is less than 20 degrees.

7. The method of manufacturing a ski of Claim 1, wherein said initial angle has a range of between -5 to +5 degrees.

8. The method of manufacturing a ski of Claim 7, wherein said intermediary angle is at least 10 degrees.

9. The method of manufacturing a ski of Claim 1, wherein said intermediary angle is at least 10 degrees.

10. The method of manufacturing a ski of Claim 1, wherein said preload member is comprised of a first segment and a second segment, wherein said first segment is comprised of a relatively straight structure and wherein said second segment is comprised of a relatively straight structure, and wherein said first segment and said second segment have an angle between thereof greater than 90 degrees.

11. A method of manufacturing a ski, comprising the steps of:

- (a) molding an elongate body comprised of a resilient material having a front portion having a front end, a middle portion, and a rear portion having a rear end, wherein said elongate body has a longitudinal axis

extending from said rear portion to said middle portion and wherein said front portion has an initial position P1 which has an initial angle with respect to said longitudinal axis;

- (b) removing said elongate body from a mold utilized for molding said elongate body;
- (c) securing one end of said preload member having a first end and a second end to either said middle portion or to said front portion of said elongate body respectively, wherein said preload member is comprised of a resilient material and resilient structure;
- (d) applying a bending force to said front portion of said elongate body thereby manipulating said front portion into a bowed structure having an intermediary position P2 which has an intermediary angle with respect to initial position P1;
- (e) securing a remaining end of said preload member; and
- (f) allowing said front portion to return to a final position P3 which has a final angle with respect to said initial position P1.

12. The method of manufacturing a ski of Claim 11, wherein said elongate body is comprised of a ultra high molecular weight plastic.

13. The method of manufacturing a ski of Claim 11, wherein said initial angle is less than 5 degrees.

14. The method of manufacturing a ski of Claim 11, wherein said initial angle is less than 10 degrees.

15. The method of manufacturing a ski of Claim 11, wherein said middle portion includes a saddle portion that receives said first end of said preload member.

16. The method of manufacturing a ski of Claim 11, wherein said initial angle is less than 20 degrees.

5 17. The method of manufacturing a ski of Claim 11, wherein said initial angle has a range of between -5 to +5 degrees.

18. The method of manufacturing a ski of Claim 17, wherein said intermediary angle is at least 10 degrees.

10 19. The method of manufacturing a ski of Claim 11, wherein said intermediary angle is at least 10 degrees.

15 20. The method of manufacturing a ski of Claim 11, wherein said preload member is comprised of a first segment and a second segment, wherein said first segment is comprised of a relatively straight structure and wherein said second segment is comprised of a relatively straight structure, and wherein said first segment and said second segment have an angle between thereof greater than 90 degrees.